

**ABSTRACT OF THE DISCLOSURE**

Methods and kits for isolating nucleic acids from a sample, typically a biological sample are disclosed. In certain embodiments, the methods and kits of the invention comprise at least one protease and at least one solid phase. In certain embodiments, the methods and kits of the invention comprise at least one chaotrope and at least one solid phase. In certain embodiments, the inventive methods and kits further comprise at least one chaotrope, at least one zwitterionic compound, at least one cationic detergent, at least one non-ionic detergent, or combinations thereof.